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STRIKING STUDENTS TURN UP VOLUME

PROTESTS CONTINUE IN QUEBEC AS BOTH SIDES CONSIDER COMPROMISE ON TUITION INCREASE PAGE 8

VANCOUVER metro®
Monday, May 28, 2012
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HESJEDAL MAKES HISTORY

PAGE 3

Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia cycling race, in Milan on Sunday. With the win, the Victoria native became the first Canadian to finish first at one of the top-three global cycling races.

FABIO FERRARI/THE ASSOCIATED PRESS

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Salmon farming

Fish-farm coalition breaks down

A unique relationship meant to reduce conflict between environmental groups and British Columbia's largest salmon-farming company has fallen apart.

The Coastal Alliance for Aquaculture Reform and Marine Harvest Canada confirmed Saturday that the project, known as the Framework for Dialogue, is officially over.

It appears the two sides could not agree on research related to sea lice and closed-containment farming. What remains unclear now is whether or not more conflict is coming to the often testy and confrontational debate over salmon farming.

"The industry growing salmon in British Columbia is continuing to improve," said Clare Backman, a spokesman for Marine Harvest Canada.

"Along the road to improvement and reducing impacts, folks can find things to take issue with, and they're gong to continue to do that. In terms of more conflict, I can't say. It would depend on issues that people choose to take issue with."

When it was signed on Jan. 12, 2006, the Framework for Dialogue included nine environmental organizations and First Nations, as well as Marine Harvest.

Participants agreed to focus on the industry's environmental, social and economic factors, reduce conflict, and change practices when information showed there was an impact on the environment and wild salmon.

THE CANADIAN PRESS

Spain's Joaquin Rodriguez, left, and Canada's Ryder Hesjedal pedal during Saturday's 20th stage of the Giro d'Italia cycling race. The stage took riders from Caldes to Passo Dello Stelvio, Italy. DANIELE BADOLATO/THE ASSOCIATED PRESS

Praise pours in for B.C. cyclist

'Remarkable win.'
PM Stephen Harper, Lance Armstrong among those congratulating Ryder Hesjedal

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

It hasn't sunk in yet for Victoria cyclist Ryder Hesjedal that he has made his way into the record books.

The 31-year-old became the first Canadian to win one of cycling's three Grand Tour events Sunday, finishing just 16 seconds ahead of Spain's Joaquin Rodriguez in the final 30-kilometre stage.

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and will hopefully inspire the next generation of Canadian cyclists. The 21-stage race spanned 3,501 kilometres.

"It's nothing but a positive avenue for everything: for your health, your mind, your body, the environment," he said in a media conference. "It's given me so much. I've dedicated my life to cycling and been able to do some pretty incredible things.

"This is just a culmination of all those years, and I think Canadian cycling is at the highest level it's ever been, and I think this will just continue that movement," he added.

Hesjedal's friend and Tour de Victoria ride director Seamus McGrath told Metro last week that ever since Hesjedal was 15 years old, he has been a "super talent." McGrath was in Italy celebrating his friend's historic win.

Hesjedal's win drew praise from seven-time Tour de France winner Lance Armstrong.

"Congratulations to @ryder_hesjedal on his incredible victory in the #giro. Gotta love it when the best man wins," Armstrong tweeted.

Prime Minister Stephen Harper said that Hesjedal's win is a proud moment for Canadians.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

1 NEWS

On the web

The proposal heard 'round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the 'greatest marriage proposal ever.' Watch him get his girl at metronews.ca.

Mobile news

What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

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Vancouver trekker recalls deadly Mount Everest climb

Daring venture.
Trekker achieves dream, raises $59,000 to help at-risk youth

DANIEL PALMER
vancouver@metronews.ca

A Vancouver entrepreneur is looking forward to his next challenge after braving a deadly weekend pursuing the world's tallest peak.

Steve Curtis dreamed for more than five years of climbing Mount Everest before finally achieving his goal on May 19, the same weekend when five people died, including Canadian Shriya Shah-Klorfine. "We saw the bodies of other people who had died on the way up," Curtis said Sunday, a day after arriving back from his exhausting trip during which hundreds of climbers scrambled to reach the 8,848-metre peak in a limited window of good weather.

Fellow climber and a Spanish doctor, Juan Jose Polo Carbayo, shared base camp with Curtis. He was among those who died that day in the "death zone," an oxygen-depleted stretch of tumultuous terrain above 8,000 metres.

"The wind's blowing like crazy, the tent's shaking, we're concerned about our oxygen," he said. "An hour or so passed. We asked where Juan was. They said, 'He's dead.' It must have been four or five times we asked. We had just seen him."

Curtis estimates five or six bodies from years past still lie in the death zone, serving as reminders of Everest's unforgiving conditions.

"If you were dropped off at the summit of Everest, you'd last about two minutes," he said.

To prepare for the climb, Curtis and fellow climber Sam Wyatt spent two weeks doing high-altitude treks before arriving at the Everest base camp. There were also months' worth of rigorous training.

After he was diagnosed with a rare form of lymphoma in 2006 and given two years to live, Curtis chose to devote himself to serving others. He has since become an advocate for Take a Hike, a non-profit organization that engages at-risk youth with a combination of therapy, academics and adventure-based learning. He has already raised $59,000 towards a $150,000 fundraising goal with his Everest trek, and he hopes to expand the program to other North American cities.

"I'm currently accepting suggestions for the next challenge," he said, encouraging people to contact him on Facebook and to donate at adventuretoadvance.org.

Vancouver's Steve Curtis stops for a breather during his climb up Mount Everest. CONTRIBUTED

Local food task force to make Vancouver greener

Mayor Gregor Robertson, pictured, could have more local produce to choose from if the park board votes in favour of a Local Food Assets Task Force.
METRO FILE

Vancouver parks could someday brim with farmers' markets and orchards and host composting classes if commissioners pass a motion on food policy on Monday night.

The Local Food Assets Task Force will support Vancouver's goal to become the world's greenest city by 2020, said Aaron Jasper, park board vice-chair.

"I think it's a no-brainer," Jasper said. "Given the green space that we're tasked with taking care of, if we can have a great soccer field and playground and a park, why not have an orchard off to the side?"

There are currently 14 community gardens, three fruit orchards and temporary farmers' markets utilizing city-owned land. The task force will help identify ways to expand on these programs as well as encourage new initiatives.

"Neighbourhood Food Networks teach classes on everything from how to keep a compost to grow your own food. One of the challenges of these NFNs is they don't have a place to do their work," Jasper said, adding that park community centres can be used to host such events.

The task force will be composed of two park-board commissioners and staff, city staff as well as members of various Neighbourhood Food Networks across the city, which already organize pop-up farmers markets on city property.

Jasper insisted that city resources will not be put under greater financial pressure with the new mandate, citing the success of the fruit-orchard program, which partners with elementary schools to help care for the plots.

"It's about supplementing. It's not about taking away from what we do. It's about doing more," he said.

DANIEL PALMER/FOR METRO

SE Marine Drive

Alleged shoplifter falls off roof: Cops

A man accused of shoplifting was treated in hospital Saturday after he fell off the roof at the Real Canadian Superstore on S.E. Marine Drive just before 11 a.m. The man was allegedly fleeing from security guards, police say. METRO

RCMP investigation

Bar fight leads to hit-and-run

Surrey RCMP are investigating a hit-and-run Sunday morning following a fight outside a pub that left a man in his 20s with serious but non-life-threatening injuries.

Police say a verbal fight between two groups of men escalated into a physical altercation outside the Wheelhouse Bar near 128th Street and 96th Avenue at about 1:30 a.m. After the fight was broken up by others nearby, one of the groups of men got into a newer full-sized, light-coloured Chrysler car and hit one of the men from the other group while driving away. Investigators are looking for the suspect vehicle, which may have damage to the driver's front side.

PHYLICIA TORREVILLAS/METRO

Treaty process

B.C. Tory leader challenges First Nation land rights

B.C. Conservative Leader John Cummins believes most First Nations in the province won't be able to claim much more than their village sites in the B.C. treaty process. There are currently 60 First Nations involved in the treaty process, many with overlapping land claims. Cummins told CFJC radio that if the province isn't owned by its people then what's the point in having a legislature when politicians have to go to the local native band for permission to proceed with a project. Chief Shane Gottfriedson of the Tk'emlups Indian Band says they never gave up their aboriginal rights or land.

THE CANADIAN PRESS

New name

Canadian Coast Guard Auxiliary renamed

The Canadian Coast Guard Auxiliary is now the Royal Canadian Marine Search and Rescue. The auxiliary also has a new base and a new boat.

THE CANADIAN PRESS

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Mail bomb. Arrest made in tragic bombing death of 23-year-old woman

Police in central Alberta have made an arrest in the case of a disabled woman who was killed by an exploding parcel left at her front door.

Victoria Shachtay, 23, died Nov. 25 when a hand-delivered package left on the doorstep at her townhouse in Innisfail, about 120 kilometres north of Calgary, blew up.

RCMP say they've charged Brian Malley, 55, of Innisfail with one count of first-degree murder, as well as a charge of sending a person an explosive device, and another charge of causing an explosion likely to cause serious injury.

Police made the announcement in a news release on Sunday, but they didn't say what, if any, relationship there may have been between the accused and the victim.

Shachtay had been paralysed from a car crash in 2004.

THE CANADIAN PRESS

Investigation

RCMP had previously described the case as a targeted murder, but it was never revealed why anyone would want to hurt the woman. Police say that at its peak, the investigation involved more than 70 investigators who worked thousands of hours.

Ottawa

Man dead after lightning strike

An 18-year-old man who was struck by lightning in Ottawa has died.

Joel Gauthier was out riding his bike with a friend on Friday when a storm swept through the city.

The pair had stopped under a tree to put on some rain gear when lightning struck.

Gauthier went into cardiac arrest and was knocked unconscious. He later died in hospital.

The storm knocked over trees and blew a large section of roof off a four-storey building. THE CANADIAN PRESS

Children, abducted in 2008, turn up in Mexico

Lost and found. Investigators found children with their father and a cousin in a house equipped with security cameras and barbed wire

Dominic and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media reports. HANDOUT/THE CANADIAN PRESS

Two Winnipeg children at the centre of a high-profile child-abduction case have been located in Mexico, according to local media reports.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were aged seven and six, respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and that "significant developments" came to pass on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man saw a television news report that mentioned the missing children, who bore a striking resemblance to two children who for the previous couple of weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

He contacted local police and federal authorities but "no one listened to me," so he was put in contact with Juan Manuel Estrada, who heads the FIND Foundation, a group that helps locate missing people in Mexico.

Estrada contacted Interpol Mexico, which found the two children, their father and a cousin, identified as Cody McKay, also from Winnipeg.

BERNICE PONTANILLA/METRO WINNIPEG

Security Council. UN condemns Syrian regime for Houla massacre

The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling and also condemned the close-range killings of civilians there - but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the "outrageous use of force" against civilians violated international law and Syrian government commitments under previous U.N. resolutions to stop all violence, including the use of heavy weapons in populated areas. It said "those responsible for acts of violence must be held accountable."

It demanded that the Syrian government immediately halt the use of heavy weapons and pull its troops out of cities and towns, and it asked UN Secretary-General Ban Ki-moon and the UN observer mission in Syria to continue investigating the attacks in Houla.

Britain and France had proposed issuing a press statement condemning the attack on civilians and pointing the finger at the Syrian government for Friday's massacre. But Russia called for an emergency council meeting saying it first wanted a briefing by Gen. Robert Mood, the head of the unarmed UN observer mission.

THE ASSOCIATED PRESS

Pride denied to Russian gay activists

Russian police officers detain a gay-rights activist during an attempt to hold a gay-pride parade in Moscow on Sunday. Russian police have detained around a dozen protesters demanding the right to hold a gay pride parade in Moscow. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Vatican. Pope Benedict's butler arrested for leaks

The Vatican's investigation into the source of leaked documents has yielded its first target with the arrest of the pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles, intrigue and corruption in the highest levels of the Catholic Church governance.

The detention of butler Paolo Gabriele, one of the few members of the papal household, capped one of the most convulsive weeks in recent Vatican history and threw the Holy See into chaos as it enters a critical phase in its efforts to show the world it's serious about complying with international norms on financial transparency.

The tumult began with the publication last weekend of a book of leaked Vatican documents including correspondence, notes and memos to the pope and his private secretary. It peaked with the inglorious ouster on Thursday of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2. THE ASSOCIATED PRESS

The pope's butler, Paolo Gabriele, left. THE ASSOCIATED PRESS

Miami police kill naked man found eating victim's face

Grisly scene. Witnesses horrified as nude attacker mauls man in the middle of a busy downtown causeway

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on his victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the alleged attacker refused to comply, the officer shot him several times.

Miami police confirmed the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokesman for the Fraternal Order of Police in Miami, told the Associated Press that the officer who fired at the suspect "is a hero and saved a life."

METRO

Police response

"Based on the information provided, our Miami police officer is a hero and saved a life."

Javier Oritz, spokesperson for the Fraternal Order of Police in Miami

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Miracle brides

Ukrainian brides in Odessa, Ukraine, touch a stone taken from the Israeli town of Cana in Galilee, where Jesus Christ was said to have performed his first public miracle, the turning of a large quantity of water into wine at a wedding feast.

ANDREY DYOGTYEV/THE ASSOCIATED PRESS

Student leaders consider compromise on tuition increase

Quebec. Emphasis placed on compromise and co-operation on both sides as focus of protest continues to extend beyond tuition

Lisa Poirier bangs on a bowl during a demonstration protesting Quebec student tuition fee hikes, in Montreal, Saturday. GRAHAM HUGHES /THE CANADIAN PRESS

Quebec student leaders signalled on Saturday they may be ready to compromise on the core of their dispute with the government — the province's plan to raise tuition fees.

That didn't stop thousands from taking to the streets of Montreal for the 33rd night in a row in a protest that again made it clear the conflict has moved far beyond the issue of education.

One student leader, Martine Desjardins, said both sides must be prepared to compromise for the months-long crisis to be resolved.

Another, Leo Bureau-Blouin, made headlines on Saturday when he told CBC Radio he would be willing to accept some form of tuition increase. Later in the day Bureau-Blouin tried to clarify his comments, saying the students were willing to make adjustments if the government was prepared to do so as well.

"If the government is prepared to move, there could be an area where we can find common ground," he told The Canadian Press.

The nightly demonstrations continued Saturday with thousands of people pouring into the streets of Montreal, with several neighbourhood protests around the city. The focus at the marches has shifted from the proposed tuition increases to Bill 78, Quebec's controversial emergency law designed to limit the scope of student demonstrations.

One protester said he isn't necessarily opposed to the tuition increases, but feels the government has gone too far in its efforts to end the conflict.

"I believe what they're fighting for is deeper now. It's about the law, it's about the government's tactics, it's about taking back the streets," said Mark Sabourin, 26, who drove from the suburbs for the demonstration with his wife and three kids.

THE CANADIAN PRESS

Negotiation

Leaders of Quebec's three main student associations could meet the province's education minister as early as Monday.

- While the proposed hikes would still leave Quebec with some of the lowest tuition rates in Canada, the issue has flared into a clash of ideologies that goes beyond the debate over education.
- The students have called for a tuition freeze but the government has flatly rejected that.

Caribbean

Haiti faces long road to recovery

It will take Haiti the better part of three decades to become a middle-income country on par with its Caribbean island neighbour, the Dominican Republic, says the top U.S. official on the file.

But Thomas Adams, the State Department's special co-ordinator for Haiti, told the Canadian Press that a "realistic" estimate should not be seen as daunting to countries like Canada that are heavily invested in helping the Western Hemisphere's poorest country, still struggling after its devastating 2010 earthquake.

THE CANADIAN PRESS

Maine

State installs turtle crossing signs

A few southern Maine towns will be installing turtle crossing signs.

The road signs aim to warn motorists of endangered turtle road-crossing locations with the hope of reducing road deaths of two of the state's rarest species. THE ASSOCIATED PRESS

Christian Jordanian woman suing for arbitrary dismissal

A Christian Jordanian woman said Sunday she is suing her Gulf Arab employer for arbitrary dismissal after she refused a new dress code forcing her to cover her head.

The incident is rare and could stir religious tensions in Jordan, a predominantly conservative Muslim nation whose Western-educated ruler — King Abdullah II — is perceived as a staunch supporter of moderate Islam and tolerance of other religions.

"We are not in Iran, we are in Jordan, and we must continue to enjoy personal and religious freedoms as stipulated by our constitution," said Vivian Salameh, 45, an assistant manager of corporate operations at the Jordan Dubai Islamic Bank since March 2010 until she was fired a week ago.

Christians make up nearly four per cent of the country's six-million population.

Bank spokeswoman Eman Affaneh confirmed that Salameh was fired because "she refused to comply with the terms of her contract, which stipulates that all employees must respect management regulations and bank bylaws."

"We are an Islamic establishment and the dress code is a reflection of our conservative Muslim traditions and values," she said.

Salameh says she had worked for Jordan's Industrial Development Bank for 25 years until it was acquired in 2010 by the Jordan Dubai Islamic Bank — an offshoot of the Dubai Islamic Bank based in the United Arab Emirates. In January 2011, the new management issued a new regulation stipulating a unified dress code for its workers, including waist-to-heel skirts and head covers for female employees.

Salameh accepted the uniform, but refused to wear the head cover on grounds that it violated her religious beliefs.

THE ASSOCIATED PRESS

Religious freedom

"I'm Christian. Why should I wear something not dictated by my religion?"

Vivian Salameh, assistant manager of corporate operations at the Jordan Dubai Islamic Bank.

Student-protest clamour stirs old memories in Chilean-Montrealers

Restaurateur Pedro Gonzalez

THE CANADIAN PRESS

The deafening clangs of pots and pans on the streets of Montreal have evoked haunting memories for local restaurateur Pedro Gonzalez — and it has nothing to do with dish duty.

Quebecers have turned up the volume during evening demonstrations to oppose their government's controversial new law that clamps down on protests.

For several consecutive nights, hordes of marchers have collectively drummed on everything from frying pans, to pot lids, to even barbecues.

These boisterous events were born from the months-long student movement against Quebec plans to hike university tuition fees.

The demonstrators drew inspiration for the noisy events from Chile's noted anti-government protests of the early 1970s and 1980s. The Chilean kitchenware-rattling, anti-government protests were called the cacerolazos.

The first cacerolazos, held in the Chilean capital of Santiago, were orchestrated by women of the middle- and upper-class in the early 1970s. The women made the racket to protest the Marxist policies of then-president Salvador Allende, claiming they did not have enough to eat.

THE CANADIAN PRESS

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To the lighthouse. Groups petition to protect marine icons

Peggy's Cove in Nova Scotia RYAN TAPLIN/METRO IN HALIFAX

For 35 years, Judy Dauphinee has looked out her window and onto one of the country's most recognizable maritime icons.

With her home resting on a crest of granite and grass at the water's edge, the longtime resident of Peggy's Cove, N.S., has enjoyed its breathtaking views since moving into the community at age 21.

But Dauphinee, whose family runs the cove's restaurant, is worried about the fate of the light that has guided fishermen and sailors since 1868, and become a symbol of the region's rich seafaring history.

She and the 35 people who live in the tiny shoreline community fear they could lose the beacon and see it replaced by a light pole after Ottawa deemed it and more than 500 other lighthouses surplus in 2010.

They and groups across the country have until Tuesday to file a petition with Parks Canada to have the surplus lighthouses declared heritage properties, which could spare their destruction and transfer them to private interests.

Dauphinee filed hers earlier this month, adding the Peggy's Point light to the more than 250 lighthouses that had been petitioned by last week.

"It's an icon — if it doesn't represent Canada, it certainly represents Nova Scotia," she said from her home, stressing that the loss of the lighthouse would have broad implications.

Groups are fighting to save the lighthouses, which have become lucrative tourist attractions and emotional touchstones for communities even if they are used less as navigational aids.

The Fisheries Department has been getting out of the lighthouse business for decades, arguing that they are expensive to maintain, at times inaccessible and have been outpaced by technology.

THE CANADIAN PRESS

Not so fast. Alberta considers car seizures to curb extreme speeding

Alberta will consider giving police the authority to immediately seize the vehicles of people caught driving at extreme speeds as one way to reduce highway deaths and injuries.

Transportation Minister Ric McIver said speeding is rampant in the province and noted that police recently nabbed two pickup trucks roaring down the dangerous highway between Edmonton and Fort McMurray at 180 km/h.

"I think it is worth looking at. I think it is worth it for me hearing out Albertans' opinions on this to see if they would support it," McIver said. "I think the public would support taking those vehicles right away."

In 2009, Alberta's police chiefs asked the province's solicitor general to allow on-the-spot seizure of vehicles belonging to drivers caught speeding more than 50 km/h over the limit, but the government turned them down.

At the time, the chiefs wrote that police were continually nabbing people for excessive speeding and the change was needed in the interest of public safety.

McIver said the government hasn't made any decisions yet, but that it only makes sense to review B.C.'s numbers to see if such a policy would work in Alberta.

Gauging public opinion before making such a change would be key, he added.

Police issued more than 3,900 speeding tickets in the province during the recent May long weekend alone.

THE CANADIAN PRESS

B.C. policy

- A similar policy brought in by British Columbia in 2010 for people caught driving more than 40 km/h over the speed limit has resulted in 10,387 vehicles being seized and impounded for a minimum of seven days.
- Within one year, the number of fatal and injury-causing crashes related to speeding was cut in half to 105 compared to the previous five-year average, according to the B.C. Ministry of Justice.

Thunder Bay, Ont., fire ranger John Perry examines a still-burning forest as firefighters battle the blaze to save trailers and homes at the Cache Campground, west of Timmins, Ont., on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Rain could bring relief from forest fires in Ontario

Timmins. Frustrated residents wonder when they'll be able to return home as evacuation continues

A sprawling forest fire that threatened the city of Timmins in northern Ontario was reduced to swathes of smouldering terrain by a steady drizzle Sunday, but emergency officials warned the crisis is far from over.

It will take more than a sprinkle to turn the tide against the fire burning massive stretches of woodland west of the city of 43,000, Mayor Tom Laughren said.

"We need a lot of rain to change the situation," he said Sunday. "But whatever rain we get, with these kinds of temperatures, definitely helps (the Ministry of Natural Resources) and firefighters in their task."

The change in weather signalled a shift in tactics for firefighters dispatched to battle the blaze.

Earlier efforts centred on shielding properties from damage, officials said, noting only a few sheds and a truck fell prey to the flames.

"As the rain increases, we'll shift from value protection to installing control lines around the fire," said Garry Harland, the ministry's fire-operations supervisor.

The showers that began Sunday afternoon brought welcome relief from the violent winds that fanned the fires and propelled thick, acrid smoke toward the city at various times this week. The pungent cloud sparked concerns in the community over air quality before it cleared this weekend.

The winds also temporarily limited the use of water bombers, a crucial weapon in fighting the flames.

The wildfire shrunk slightly over the weekend to 39,518 hectares from 41,210.

THE CANADIAN PRESS

Fire crews

80

An additional 20 four-person crews arrived from British Columbia this weekend to help battle the forest fire about 30 kilometres outside Timmins, Ont., officials said.

Wildfires continue to burn in Mogollon, N.M. THE ASSOCIATED PRESS

New Mexico battling wildfires

Crews fighting a wildfire in the Gila National Forest in New Mexico planned to take advantage of lighter winds Sunday by building protection lines on key flanks of the blaze and preparing to send water-dropping helicopters into the air for the first time in several days.

The Whitewater-Baldy Complex fire continued to grow, burning more than 122,000 acres by mid-day Sunday, and was about two miles away from the privately owned ghost town of Mogollon in southwestern New Mexico.

The town was evacuated Saturday due to extreme winds, but no homes there have been destroyed.

Denise Ottaviano, a spokeswoman for the crew fighting the blaze, said the fire remains active near Mogollon, but the blaze hasn't made a significant push toward the town. Crews were working to build a protection line between Mogollon and the fire's western edge.

The blaze, however, destroyed a dozen homes and several outbuildings on Wednesday in the community of Willow Creek, which remains under evacuation.

THE ASSOCIATED PRESS

No evidence civilians died in strike: NATO

Protests over the deaths of villagers killed in an overnight NATO raid earlier this month in Laghman, east of Kabul. RAHMAT GUL/THE ASSOCIATED PRESS

Afghanistan.
Anonymous official contradicts report of family members killed, but group says it is working to find out more about allegations

The U.S.-led coalition on Sunday disputed reports that eight civilians, including children, were killed in a NATO airstrike in a remote part of eastern Afghanistan.

Afghan officials said an airstrike Saturday night killed eight members of a family.

But a senior NATO official said that so far, there is no evidence of any civilian casualties.

The official spoke on condition of anonymity because he was not authorized to disclose the information.

Separately, NATO reported that three coalition service members were killed Sunday in eastern Afghanistan — two during an insurgent attack and one from a roadside bombing.

Four others, including a British soldier, were killed in the south on Saturday, bringing to 169 the number of NATO deaths in Afghanistan so far this year.

The British Ministry of Defence said the soldier was killed in an explosion in the Nahr-e Saraj region of southern Helmand province.

The nationalities of the other three have not been disclosed.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation that foreign forces were conducting Saturday night in Paktia province.

The killing of civilians by foreign forces has been a major irritant in Afghan President Hamid Karzai's relationship with his international partners.

He warned earlier this month that civilian casualties could undermine a strategic partnership with the U.S. that is to govern long-term relations after most international troops withdraw by the end of 2014.

THE ASSOCIATED PRESS

Deadly time for civilians

The killing of civilians by foreign forces has been a major irritant in Hamid Karzai's relationship with his international partners.

- Last year was the deadliest on record for civilians in the Afghan war, with 3,021 killed, the UN said.
- "If Afghan people are not safe, the signing of the partnership (for governance after troops withdraw) has no meaning," said President Karzai's office.

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Outsourced surveillance booming in China

Watchful eyes. While many have broken no law, dissenters are increasingly being monitored by co-workers, neighbours and gang members

Every workday at 7:20 a.m., colleagues pick up Yao Lifa from his second-floor apartment and drive him to the elementary school where he taught for years.

This is no carpool. Yao is a prisoner, part of a China boom in outsourced police control. By day, Yao is kept in a room, not allowed to work and watched by fit young gym teachers and other school staff. At dinner time or later, he is sent back to the apartment that he shares with his wife and three-year-old daughter. A surveillance camera monitors the building entrance while police sit in a hut outside.

"At school, if I have to go to the bathroom, someone escorts me. Most of the time, I'm not allowed to speak with others or answer the phone," Yao said in a recent late-night Internet phone interview from his home in Qianjiang city. "When they bring me home, they sign me over to the next shift."

Like the blind activist Chen Guangcheng until his escape from house arrest last month, Yao belongs to an untold number of Chinese activists kept under tight control by authorities, even though in many cases they have broken no law.

Co-workers, neighbours, government office workers, unemployed young toughs and gang members are being used to monitor perceived troublemakers, according to rights groups.

Yao has never faced criminal charges. His misdeed is decades of campaigning for democratic elections.

While China has long been a police state, controls on these non-offenders mark a new expansion of police resources at a time the authoritarian leadership is consumed with keeping its hold over a fast-changing society.

"Social activists that no one has ever heard of have 10 people watching them," said Nicholas Bequelin, a researcher with Human Rights Watch. "The task is to identify and nip in the bud any destabilizing factors for the regime."

Targeted are growing numbers of people, from typical political dissidents to labour organizers and, increasingly, ordinary Chinese who want Beijing to correct local wrongdoing. In method, this new policing represents a break from recent decades.

In Mao Zedong's radical communist heyday, colleagues, neighbours and family members snitched on suspected enemies of the revolution. Free-market reforms broke the totalitarian grip and gave people incentive to leave farms and state jobs for work in booming cities and industrial zones. Private lives and private wealth blossomed, creating less reason for snooping.

Money now fuels the extensive surveillance system. Budgeted spending for police, courts, prosecutors and other law enforcement has soared for much of the past decade, surpassing official outlays for the military for the second year in a row this year, to nearly 702 billion yuan, or $110 billion.

Allocated by Beijing to the provinces and on down, the money sometimes is called "stability preservation funds" for the overriding priority the government now puts on control. As long as trouble is quelled, Beijing doesn't seem to mind how this money is spent. It's proving a growth opportunity for cash-strapped local governments and small-time enforcers.

Along with the police, Yao counts the city education bureau as benefiting from the funds available for his surveillance. His minders are mainly drawn from the bureau, his Qianjiang Experimental Primary School and the ranks of physical-education teachers throughout the city school system.

Anywhere from 14 to 50 people a day are on the local government payroll for his round-the-clock surveillance — what he calls the "Yao Lifa special squad." They get 50 yuan ($8) for a day shift and twice that for night work. Often, he said, hotel rooms, transport, meals and cigarettes are thrown in.

THE ASSOCIATED PRESS

Quoted:

"They won't let me teach. They're afraid I'll start talking about democracy of course."

Yao Lifa,
on life under around-the-clock monitoring

Targeted population

1M

Mostly unknown outside their communities, the activists are a growing portion of what's called the "targeted population" — a group that also includes criminal suspects and anyone deemed a threat. They are singled out for overwhelming surveillance and, by one rights group's count, amount to an estimated one in every 1,000 Chinese — or well over a million.

Unidentified men block a journalist's vehicle from entering Dongshigu Village, where blind activist Chen Guangcheng was locked down, in eastern China's Shandong province. ANDY WONG/THE ASSOCIATED PRESS FILE

Yongcheng city

Ex-official brought in for alleged rapes

Authorities have detained a former official in a central Chinese city for allegedly raping more than 10 girls.

Officials in Yongcheng city referred queries Sunday to a statement by the city government that said Li Xingong confessed during a police interrogation.

Li was deputy director of the city's Communist Party committee's general office. The statement said an investigation is continuing and Li will be "severely and swiftly punished" according to relevant laws.

THE ASSOCIATED PRESS

Suspected serial killer arrested

Authorities have arrested a man in southwestern China accused of killing 11 people and dismembering, burning and burying their bodies to destroy the evidence.

The Ministry of Public Security said in a statement Sunday that 56-year-old Zhang Yongming was arrested by police in Yunnan province on murder charges.

It said Zhang is suspected of attacking male victims who were walking alone on a quiet road near his home in Jinning county.

THE ASSOCIATED PRESS

Public outcry

- The case is believed to be related to media reports this past week that at least eight young people had gone missing in the county.
- The reports sparked a public outcry because they cited relatives of the missing as saying that police ignored their pleas for help and prevented them from contacting the media.

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Activist. Brother returns to closely guarded village: lawyer

A rights lawyer says the brother of blind Chinese activist Chen Guangcheng has returned to his closely guarded village in eastern China.

Ding Xikui says he received a message from a friend of Chen Guangfu that said Chen had returned to Dongshigu village. Chen had travelled to Beijing, where he sought legal advice from Ding this past week on how to protect his son from what the family's supporters call retaliation by local officials.

Ding had no further information Sunday, and it was unclear if Chen returned to the village voluntarily.

Chen Guangcheng sought protection of U.S. diplomats last month after escaping abusive house arrest in Dongshigu. It sparked a standoff between Beijing and Washington that resulted in Chen being allowed to go to the U.S. to study.

Chen Guangcheng THE ASSOCIATED PRESS

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Facebook's small investors bitter, divided on next step

Wall Street. In lawsuits, Morgan Stanley is accused of reserving negative analysis of Facebook for favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some selected clients of an analyst's negative report about Facebook before its stock began trading on May 18.

Michael Hines had felt uneasy about Facebook. He thought the shares were priced too high, and the excitement overblown — especially once the company raised its target price for the opening two days beforehand. Yet when the chance arose to buy into the company's $38-a-share initial public offering, he seized it.

"I figured: Nothing ventured, nothing gained," said Hines, 61, a retiree and private investor in Boston.

Now he wishes he'd listened to his misgivings. Instead, Hines watched with dismay as the stock languished on its first day, then slid on its second.

As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial $38 US stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.
RICHARD DREW/THE ASSOCIATED FILE

Among those who blame their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Morgan Stanley disputes the allegations. "We have clearly put clients' interests first by correcting pricing on some trades that were mispriced because of trading glitches beyond our control," the company said in a statement.

THE ASSOCIATED PRESS

CP Rail. Ottawa to table back-to-work legislation

The Conservative government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption. "With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made it clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period. The minister gave notice of intention to intervene shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week. THE CANADIAN PRESS

$50-million lawsuit

Pirate ships' crew members file lawsuit

More than half the crew members of a container ship that was at the centre of a piracy drama off Somalia in April 2009 are suing for nearly $50 million US, contending their captain ignored warnings to sail clear of pirate-infested waters off Africa.

The lawsuits have been filed by 11 crew members aboard the Maersk Alabama, a Norfolk-based ship, the Virginian-Pilot newspaper reported Saturday. The five-day standoff ended when U.S. navy SEALs killed three of Capt. Richard Phillips' captors. Phillips was hailed as a hero, but crew members allege his actions put them in danger. THE ASSOCIATED PRESS

CEO pay up more than 6%: Analysis

Profits at big U.S. companies broke records last year, and so did pay for CEOs.

The head of a typical public company made $9.6 million US in 2011, according to an analysis by The Associated Press using data from Equilar, an executive-pay research firm.

That was up more than six per cent from the previous year, and is the second year in a row of increases. The figure is also the highest since the AP began tracking executive compensation in 2006.

Companies trimmed cash bonuses but handed out more in stock awards. For shareholder activists who have long decried CEO pay as exorbitant, that was a victory of sorts.

That's because the stock awards are being tied more often to company performance. In those instances, CEOs can't cash in the shares right away:

They have to meet goals first, such as boosting profit to a certain level. The idea is to motivate CEOs to make sure a company does well and to tie their fortunes to the company's for the long term.

THE ASSOCIATED PRESS

Benefits

In the small world of big CEOs, the perks can be spectacular. Drivers, country-club memberships, use of company aircraft — those splashy extras are fairly routine. And so are less-splashy extras, with companies often shouldering the cost for the boss' personal financial planning or annual physical. Among the perks showered on CEOs last year:

- Martha Stewart Living Omnimedia spent $73,230 on a weekend driver for its eponymous founder.
- Wynn Resorts spent $910,345 letting CEO Stephen Wynn use a company plane for personal travel. It also gave up $503,831 by keeping a suite at a Las Vegas resort.

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THOSE MAGNIFICO MAMILS & THEIR RIDING MACHINES

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

It's a great day to be a MAMIL.

For the first time ever, a Canadian — from the Wet Coast, no less — has won one of the world's great bike races.

Ryder Hesjedal , 31, won the Giro D'Italia yesterday, arguably the greatest bike race in the world, although you'd get an argument from the Tour de France.

Before yesterday, the closest any Canadian had come to conquering either the Giro or the Tour was the great Steve Bauer, who was fourth in the 1988 Tour de France, and Hesjedal himself, who placed sixth in the Tour in 2010.

And now this. Magnifico! Upon hearing the news, local MAMILs (Middle-Aged Men in Lycra) in this cycle-crazed city could not restrain themselves. They squeezed into their Giro gear-o, leaped onto their pricey road bikes and took to the streets in celebration. People in cars probably thought it was another of those damned Fondos they're always riding in and clogging traffic.

Cycling through mid-life

"Used to be, you'd get to a certain age, you'd go out and buy a red sports car. Now you go out and buy a red Pinarello, a sweet Italian road bike with bittersweet sticker shock."

For those who don't get the thrill of competitive road cycling, let me assure you, this is a really big deal. It's like the Canucks winning the Stanley Cup or the Lions winning the Super Bowl, which is technically impossible, but you get the idea. The Giro is a three-week test of endurance rivalled only by the Tour. Yesterday, for example, to stay within 30 seconds of the leader, Hesjedal had to climb 6,000 metres at up to 10 per cent grade as fast as he could go, which is the equivalent of two-thirds of the way up Mount Everest.

Magnifico! (I keep saying that.) This victory for Canada comes at a time when cycling is ultra-trendy, especially among men of a certain age who may have bigger bank accounts than when they were younger, but also face declining levels of testosterone.

But we're not dead yet.

Used to be, you'd get to a certain age, you'd go out and buy a red sports car. Now you go out and buy a red Pinarello, a sweet Italian road bike with bittersweet sticker shock. And if you still yearn for a mid-life Lamborghini, they sell those in a pedal-it-yourself version, too.

It's an update on the never-ending quest for eternal youth. But now, instead of exercising the gas pedal, you get a whole body workout and bragging rights once you've managed to gut it out all the way to the top of Cypress or Seymour.

Now, growing inside the heads of all those huffing and puffing MAMILs are dreams of staying on the wheel of Ryder Hesjedal, and blowing by him 100 metres from the summit.

Ryder: What a great name for a road racer. Did I say magnifico?

Wild horses won't drag him away

MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

THE ASSOCIATED PRESS

Young bucks wrangle young stallions

Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

Protected by a duke

300

More than 300 of the indigenous horses stay free and wild without any care under the protection of the Duke of Croy.

Weird news

Rats! Pied Piper city has gnawing problem

The German city of Hamelin may be in need of another Pied Piper — it seems the rats are back.

City officials say a popular fountain has been put out of service after the rodents gnawed through a power cable, according to the Sueddeutsche Zeitung newspaper.

The Lower Saxony city is where, legend has it, the Pied Piper led all the rats out in 1284 with his magic pipe into the Weser River, where they drowned.

But more than 700 years later, city officials say such drastic measures may not be necessary. The fountain was due to be permanently closed anyway because of the high upkeep costs.

And the solution in the fictitious Piper story isn't practical anyway: Rats are actually pretty good swimmers. THE ASSOCIATED PRESS

Metropolitan Panel

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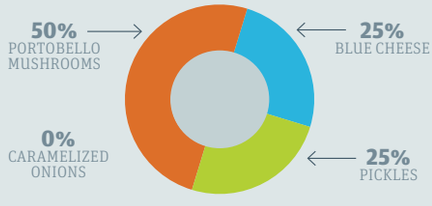
What's the most overrated burger topping?



Twitter

@lancearmstrong
Congratulations to @ryder_hesjedal on his incredible victory in the #giro. Gotta love it when the best man wins.

@chrisdhales
so pumped that @ryder_hesjedal has won the #Giro! i think it's time to go hit the road in honour of that win! Just wish I had a pink jersey

@pmcgillivray
Congrats, Ryder Hesjedal! One of the greatest Canadian sporting triumphs of all time! #giroditalia

@rwmarejka
Proud day to be Canadian — @ryder_hesjedal wins the #Giro.

@benziegler
Victoria... The bicycling capital of Canada, and today, the world! Thanks & congratulations to @ryder_hesjedal #giroditalia

@MikeDar43
Give a shout out to my boy @ryder_hesjedal for reppin canada and bringin home the giro #CanadianPride

metro
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Rachel Nichols stars in Continuum, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with Continuum

New TV series.
Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination," says the actress, whose past credits include Conan the Barbarian, GI Joe: The Rise of Cobra and JJ Abrams' Star Trek reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series Continuum, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidently sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, Continuum is shot in Vancouver, a city that's played host to a bevvy of sci-fi shows in the past including the X-Files, Stargate SG-1 and Battlestar Galactica.

Despite her previous roles, Nichols had never visited the city until this January, but she thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on Criminal Minds and Alias as well as landing dramatic roles in Shop Girl and Charlie Wilson's War.

- But where there was once a stigma against film actors doing television, these days, few people make a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."
- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

2 SCENE

Box office

Men in Black 3 takes down Avengers

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with $55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in $37 million over the three days to push its domestic total to $514 million and become only the fourth movie ever to top half a billion dollars.
THE ASSOCIATED PRESS

On the web

After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.

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Actor avoids French-Canadian stereotypes in hockey hit Goon

Grondin. Montreal actor says he didn't want his character's Quebecois roots to be the film's comic relief

Liev Schreiber, left, and Seann William Scott are shown in a scene from Goon. CONTRIBUTED

Montreal actor Marc-Andre Grondin was fortunate enough to land his first English-language role in the gleefully violent hockey hit Goon, which pounded down its Hollywood competition to top the Canadian box office upon its release in February.

But given how the Quebecois actor exaggerated his slight accent for the role of the druggy, underachieving sniper Xavier Laflamme, he said the offers haven't exactly been rolling in.

"With the accent I have in the movie, I don't know if I'm going to get more jobs in English," laughed Grondin during a recent interview in Toronto.

Indeed, the 28-year-old speaks English with far more fluid confidence in person than he does in the film, which cast him as a hot-shot scorer relegated to the minors after his talent dissolved in a haze of drugs, booze and women.

The roommate to the sweetly savage titular character played by Seann William Scott, Laflamme eventually begins to rediscover his scoring touch as their rag-tag squad climbs the standings.

Grondin was already friends with Montreal actor Jay Baruchel — who co-wrote and stars in the film, which will be released on DVD on Tuesday — prior to landing the role. So he felt comfortable relaying his concerns about an early draft of the script that saddled his character with a few too many Quebec stereotypes.

"I was just like: 'I think we need to tweak it a bit because I really don't want to be the guy who (makes) everyone in Quebec say traitor!'" said Grondin, who starred in 2005's Genie Award-winning C.R.A.Z.Y.

"I can laugh at myself, I can laugh at my culture, but ... I didn't want the fact that the character is French-Canadian to be the comic relief."

That ethos extended to Grondin's slightly exaggerated accent. To locate the sweet spot of his character's broken English, he used a simple guideline.

"I didn't want to sound like Justin Timberlake in The Love Guru," said Grondin, referencing the 2008 bomb that cast the slick pop star as an outsized stereotype named Jacques Grande.

"Even though ... I thought he did a good job for an American that doesn't know any French-Canadians that well ... I didn't want to sound like that, and I didn't want to use the swear words as punch lines either.

"I just made (my accent) a bit thicker. Sometimes you just take one word out and it does the job."

THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Keira Knightley ALL PHOTOS GETTY IMAGES

Keira Knightley engaged to Klaxons' James Righton

Keira Knightley is reportedly set to marry British musician James Righton, according to Hollyscoop — though details about the privacy-minded actress' plans are hard to come by. Righton, a member of the band Klaxons, recently moved into Knightley's London home, and the pair are apparently planning to expand the household: "They want to get a puppy. It's all pretty serious," a source says.

Will Smith

Reporter snubbed, MIB-style

The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him in the cheek and he moved his head so fast," the reporter, Vitalli Sediuk, says in an interview with Hip Hollywood. "Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaiour," he says. "I think it was too much.

Twitter

@BetteMidler
If I had to do what people used to do, like weaving and making their own shoes, I'd be naked and barefoot.

@50cent
Fun facts I'm the reason artist have mix tapes in song format. As much as we would like to to can't rewrite history. I AM STREET KING

@SethMacFarlane
In some parallel universe there's an ad for a new sitcom that says "Based on the stand-up comedy of Ethan Hawke".

@SarahKSilverman
gonna go the other way with it & live for your sins

The Word

Glee star Cory Monteith takes a stand for at-risk youth

THE WORD
Kate Webb
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than $50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

M: How did you become an ambassador for RE*Generation?
CM: I started with RE*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

M: Is that something you saw a lot of growing up on Vancouver Island?
CM: Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

M: What does Project Limelight mean to you personally?
CM: This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community. The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

CANADIANS CAN DONATE $5 TO VIRGIN UNITE AND RE*GENERATION BY TEXTING REGEN TO 30333.

Gisele Bundchen

Gisele Bundchen and Tom Brady await baby number two

Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. Another baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."

Quoted

"I want to have a big family. I love kids."
Gisele Bundchen

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Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS
Mommyish.com

This recent Time cover has caused much examination of mommyhood.

The Olympics are coming this summer. If "Mommy Shaming" was up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an Internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

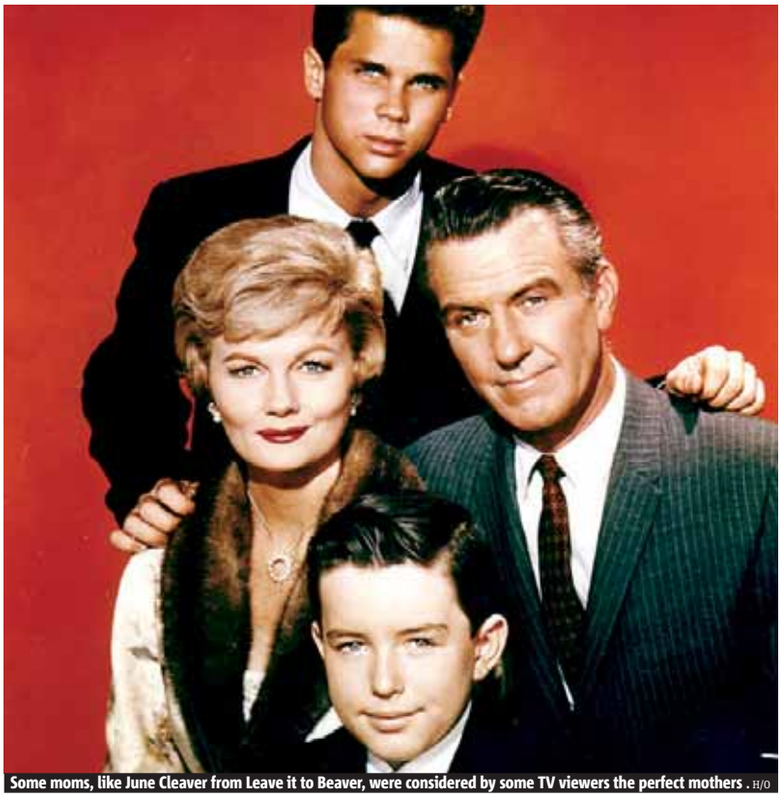
The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" is a reminder that addiction can take many forms. It might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh?

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it.


Some moms, like June Cleaver from Leave it to Beaver, were considered by some TV viewers the perfect mothers . H/O

Look at the controversial Time magazine cover. Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives.

The fact is, we all seem to feel comfortable passing judgment on parents for big or small offences. So often, we see extreme stories like "Tan Mom" and we don't have a problem piling on the negativity.

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have. It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction.

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3 LIFE

Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

Researchers at four Toronto-health institutions (Mount Sinai Hospital, Hospital for Sick Kids, St. Michael's Hospital and University of Toronto) conducted the study in response to a growing trend among medical professionals treating women for gestational diabetes, a temporary form of the disease only contracted during pregnancy.

Scientists monitored 472 women to gauge the effect of maternal weight, blood sugar and lipid levels on the size of a newborn child.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web

States urged to do better in aiding grandparents, other relatives who fill child-raising void

The melt-in-your-mouth goodness of mushrooms

This recipe serves two. NEWS CANADA

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

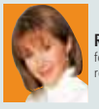
NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ⅛ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

Montana's Canadiana Burger with Fries

1,480 calories/ 89 g fat/ 29 g saturated fat/ 3,150 mg sodium
This burger's fatty Peameal bacon, Colby cheese and mayo result in a day's worth of calories and fat.

Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to 1 cup of salted butter in calories.

Montana's Sirloin Burger with Mashed Potatoes

880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.

Paint your way to cleaner air

Damage control. Can a new kind of paint 'react to pollutants and neutralize them'? Metro investigates

BEN KNIGHT
life@metronews.ca

Most efforts to combat air pollution focus on keeping pollutants from hitting the air in the first place.

Ultimately, that simply isn't possible — especially in the world's biggest, most polluted cities.

But now an innovative company in the Philippines has found a way to remove dangerous nitrogen oxides (NOx) from the air in traffic-snarled Manila.

Pollution solution?

"One square meter of our paints cleans as much NOx as a mature tree. One artwork of a thousand-square metres is really like planting a thousand trees."

Johnson Ongking, vice-president of Boysen Paints

… Using paint.

"We're trying to turn something that is harmful to human health and the environment into something that is essentially harmless," says Johnson Ongking, vice-president of Boysen Paints.

The product — called Boysen KNOxOUT — is an exciting new use for titanium dioxide, a chemical commonly used to make paint white.

"When you make it into a really small size, you amplify its ability to react to pollutants and neutralize them," Ongking explains.

"It also gives the paint self-cleaning properties. It's really powerful stuff."

Basically, the paint reacts with light and the water vapour in the air, snagging NOx and converting it into calcium nitrate, a far less dangerous compound.

"Calcium nitrate is used as a fertilizer," he adds. "So, in essence, what you've done is locked up a harmful gas into a solid particle, that can just be washed off the wall."

The paint causes the reaction, but isn't actually consumed by it. This means the titanium dioxide catalyst never gets saturated.

"As long as the paint's on the wall and you've got a source of light, the process just keeps going on. It's really the water vapour molecules doing the work."

Breathing easier

The paint's potential:

- **20%.** The reduction in nitrogen oxide recorded in high-traffic sections of Manila during trails of Boysen KNOxOUT anti-pollution paint.

Tests at high-pollution traffic junctions in Manila are showing a 20 per cent drop in NOx levels.

The company is now commissioning eight gigantic roadside murals to be painted with KNOxOUT — each a thousand-square metres.

"One of the things people do when they want to help the environment is to go plant a tree," Ongking says. "One square meter of our paints cleans as much NOx as a mature tree. One artwork of a thousand square metres is really like planting a thousand trees."

Early results are so encouraging, the paint is now being studied by cities around the world.

"There's been really strong interest," he concludes. "Air pollution is a problem globally."

Take that, pollutants: Boysen KNOxOUT paint can help remove dangerous nitrogen oxides from the air. ISTOCK IMAGES

Visit Leslie Traill's website at sexyoversixty.com.

She's making a list, and marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to r einventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Leslie Traill

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.
- Create a team. If you surround yourself with like-minded people it allows you to get over the little humps in life on your way to success.

Office 101: How to not get yourself fired

Tips for success. When a company is in trouble, your every move will be is scrutinized. But that doesn't mean you're next to go

Learn to handle a handshake

People will judge you within seconds. As lovely as you may be, a sloppy handshake is likely to leave a bad impression.

"A handshake needs to be firm, but not too firm. Make sure you look the person in the eye as you clasp their hand and not over their shoulder," says etiquette and protocol expert William Hanson.

Look the part: look after yourself

How can you look after an account if you're incapable of looking after yourself? Hanson believes everything about you needs to be perfect, "make sure your clothes fit, your shoes are polished and your laces aren't frayed. Don't give the impression you just rolled out of bed."

When you exchange business cards with a client, never pull out the one you had scrunched up at the bottom of your bag. Keep them in a case so they don't get damaged. It's also crucial you check the details (title and number) are up to date before handing it out insists Hanson.

Less really is more ladies. Wearing too much makeup can be distracting and express a lack of self-confidence. "You want to look nice, but you don't want your face to do all the talking," he adds.

Top three office rules

All in a day's work.

- **Do not disturb.** Avoid smelly lunches, and if you're making personal phone calls while you eat, be discreet.
- **Be the best.** Show initiative and ask to take a class if necessary.
- **Forget your problems.** Personal problems should be left at home.

Cherish a needy boss

Be indispensable. Find out what your boss doesn't like to do and strive to excel in whatever that is says etiquette expert Jacqueline Whitmore: "Dependability in this economy is key. Show up on time and never hesitate to put in those extra hours. If you're not available, your boss will just run to someone else for help."

Don't become the office jerk

Ditch the bad attitude. Most people would rather work with someone who's so-so at getting the job done but pleasant, than with someone who's extremely skilled, but a total jerk.

METRO WORLD NEWS

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metro

HEALTH-CARE CAREERS

Monday, May 28, 2012

Your career checkup

Explore the many rewarding careers available in the health-care field. THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

YLVA VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa. "Today we manage the disease," says Shamian, "but we're not managing the lifestyle factors that increase the risk of chronic diseases, nor the prevention."

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

INTEGRATED CARE

Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

SUPPORT SERVICES

Manpower forecasts an increase in non-clinical jobs in health care such as medical clerks and assistants, bilingual service reps, health and safety co-ordinators, and clinical data managers.

Alberta Health Services

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For All Healthcare Professionals

Alberta Health Services (AHS) is one of the leading healthcare systems in Canada, responsible for the delivery of healthcare to more than 3.7 million Albertans. We operate more than 400 facilities, including acute care hospitals, cancer treatment centres, community health centres, and mental health & addiction facilities. AHS values the diversity of the people and communities we serve and is committed to attracting, engaging and developing a diverse and inclusive workforce.

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- make a meaningful difference
- full time or part time positions
- new & established facilities
- opportunities for growth
- flexible hours
- diverse workforce
- world class education, recreation & leisure
- gain valuable work experience
- opportunities to realize your potential

www.albertahealthservices.ca/careers

For more information email careers@albertahealthservices.ca or search and apply for jobs on our website
/AHSCareers

Become part of the NP team

A nurse practitioner just might be the hottest career in health care. These nurses provide primary care that includes health promotion and illness prevention, too — skills that are needed in today's world.

But that's not all.

A nurse practitioner is a registered nurse with additional education and experience, which allows for a broader role than that of a registered nurse. A nurse practitioner can diagnose patients, prescribe most medications and order diagnostics tests such as X-rays and ultrasounds as well as lab work and blood work.

"The nursing perspective and blend that the nurse practitioner can bring is a perfect opportunity to provide improved care, and it also improves access for patients," says Claudio Mariano, president of Nurse Practitioners' Association of Ontario.

"We are responsible for providing clinical care to patients and managing chronic disease like diabetes and high blood pressure and just for providing routine wellness care and health screening in the context of physical examinations and general wellness care and health promotion."

The nurse practitioner is always part of a team, employed in community clinics, health-care centres, doctors' offices, nursing homes and emergency departments of hospitals.

"Nurse practitioners have played a valuable and essential role in the system for many decades," says Judith Shamian, president, Canadian Nurses Association. "Given the stress the health-care system is currently under, now is the time to realize just how much more value nurse practitioners can bring to Canadians' health care."

To apply to a nurse practitioner program, you have to be a registered nurse with a four-year undergraduate degree in nursing and a minimum of two years experience as an RN.

There are four NP specialties recognized by the College of Nurses: Primary care (where the majority NPs practice); adult stream (in hospital settings or specialty clinics); paediatric stream (hospital based); and anaesthesia stream.

For more information, contact the college of nurses or the nurse practitioners' association in your province or territory. YLVA VAN BUUREN

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Specialize. X-rays and ultrasounds are critical

JON TATTRIE
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces. Certification by the Canadian Association of Medical Radiation Technologists is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between $38,000 and $50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

Broad spectrum of senior care

KELLY PUTTER
For Metro

If a career in health care sounds appealing, you might want to consider working with the country's growing elderly population.

Expect plenty of jobs as population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years.

"There's no question that services for the aging population will be increasing in demand," says Pat Irwin, president of ElderCareCanada, a firm that consults on services for seniors. "But if you're seeking a career in this area you have to genuinely care for seniors."

Health-care careers for seniors cover a broad spectrum. Some call for minimal formal training, while others require years of post-secondary education. Places of employment include nursing homes, retirement communities, seniors' community centres, public health clinics, hospitals and home care.

Let's consider some careers in elder health care:

• A personal support worker, formerly known as a nurse's aide, assists with bathing, dressing and ensuring medications are taken. The PSW requires six to nine months of training in an accredited facility such as a community college.

• A registered practical nurse (RPN) or licensed practical nurse (LPN) or registered nursing assistant (RNA) do routine medical assessments, such as taking blood pressure and temperature under the direction of a qualified medical practitioner or RN.

• A registered nurse (RN) and nurse practitioners graduate from a formal program of nursing education. They provide more extensive health care and may dispense medication.

• Occupational therapists assist elderly patients who may have trouble getting around after a broken hip or a stroke. These professionals are typically educated at a master's degree level.

• A physiotherapist provides physical rehabilitation and pain relief. They assess a patient's physical abilities and needs and develop an individualized treatment plan including therapeutic exercise, manipulations, massage and education. A master's degree is required to practise this profession.

• Speech language pathologists have expertise in assessment and intervention of typical disorders of communication and swallowing. A master's degree or equivalent is the minimum requirement.

• A dietician is a health-care professional who focuses on proper food and nutrition in order to promote good health for seniors. A bachelor's degree plus an internship is the minimum requirement.

• Geriatric social workers help the elderly deal with their relationships and solve personal and family problems. They try to improve the quality of life for seniors and help alleviate some of the negative aspects of aging. Generally, a master's of social work degree is required.

Expect plenty of jobs in senior health care since population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

4 SPORTS

UFC

"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

UFC heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

NHL playoffs

"It doesn't matter whether it's your first year or your fifth year. So you don't get picky when these opportunities come along. You enjoy every minute of it, as much as you can, because it's awful tough to get here."

New Jersey Devils head coach Peter DeBoer. The Devils advanced to the Stanley Cup final with 3-2 overtime win over the New York Rangers in Game 6 of the Eastern Conference final on Friday night in New Jersey.

On the web

Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.

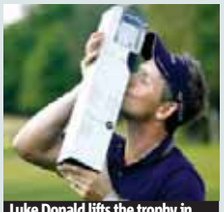
Golf

Donald overtakes McIlroy with win

Luke Donald replaced Rory McIlroy at the top of the world rankings for the third time in 10 weeks by retaining the BMW PGA Championship title on Sunday, boosting his hopes of finally ending his major drought this summer.

Displaying his trademark consistency on the greens and from the tee, Donald cantered to a four-stroke victory at the biggest event on the European Tour by shooting a 4-under 68 — his fourth straight round under 70 — to finish on 15 under par at Wentworth.

THE ASSOCIATED PRESS



Luke Donald lifts the trophy in Virginia Water, England, on Sunday. THE ASSOCIATED PRESS

MLB

Drabek falls victim to Rangers bats

Kyle Drabek became the latest Toronto starting pitcher to get knocked around by the Texas Rangers.

Drabek gave up a career-high nine runs in three innings and the Blue Jays dropped their fifth game in a row, 12-6 Sunday to the Rangers. Texas outscored the Jays 34-16 in the series.

"We ran into a hot-hitting club," Blue Jays manager John Farrell said. "No matter who was on the mound, if we made a mistake inside the strike zone, they covered it."

THE ASSOCIATED PRESS

Tim Duncan, right, reacts in the fourth quarter alongside Russell Westbrook Sunday in San Antonio. RONALD MARTINEZ/GETTY IMAGES

Spurs stretch win streak to 19 games

NBA. San Antonio kicks off Western finals with another victory

Game 1

Spurs	Thunder
101	98

Gregg Popovich wanted some "nasty." The San Antonio Spurs obliged, and they've now tied NBA history.

Not to mention left the Oklahoma City Thunder agonizing about what could have been.

Manu Ginobili scored a playoff-high 26 points and the Spurs won their 19th in a row to tie the NBA record for longest winning streak kept alive in the playoffs, beating the Thunder 101-98 in the Western Conference finals opener on Sunday night.

Obeying orders snarled by their coach in a fourth-quarter timeout to play "nasty," the Spurs erased a nine-point deficit that stunned the Thunder, who had looked on their way to finally kicking the perception that they're the underdog.

Kevin Durant led the Thunder with 27 points. Russell Westbrook had 17.

"I talked to them about they've got to get a little bit uglier, get a little more nasty, play with more fiber and take it to these guys," Popovich said. "Meaning you have to drive it, you have to shoot it."

And when they started doing just that, the Thunder couldn't keep up.

The 2001 Lakers are the only other team to carry a winning streak this long in the playoffs — and they did so on their way to a championship.

Game 2 is Tuesday night.

Tim Duncan had 16 points and 11 rebounds, and Tony Parker shook off a dismal start to finish with 18 points. But it was Ginobili who steered the Spurs to strike first in a highly anticipated matchup of the West's top two teams for practically the entire regular season.

It was a tantalizingly close near-upset for the young Thunder, who were ousted in the Western Conference finals a year ago and were in position for homecourt advantage throughout the playoffs until being overtaken by the Spurs in the final month of the season.

"They got us on our heels. We were not aggressive," Ginobili said. "And in the second half, we did have it."

THE ASSOCIATED PRESS

Memorial Cup. Host Cataractes finish off underdog run with CHL title

Anton Zlobin scored his second goal of the game 17:51 into overtime to lift the Shawinigan Cataractes to their first MasterCard Memorial Cup title with a 2-1 victory over the London Knights on Sunday night.

Zlobin took a pass from behind the net from captain Michael Bournival and drilled a quick shot that beat Knights goaltender Michael Houser and sent the sellout crowd into a frenzy. The Cataractes forward leapt into the air before he was mobbed by teammates on the ice.

Zlobin had tied the game in the second period after Ryan Rupert scored in the first for the Ontario Hockey League champion Knights.

Sunday's game

Cataractes	Knights
2	1

It was the first overtime in nine tournament games and it came with Shawinigan playing a fourth game in five nights.

London was coming off a five-day break.

More than 5,000 fans were crammed into the 4,125-seat Bionest Centre in Shawinigan, crowding into standing room and even sitting in the stairways, with air horns and Thunderstix adding to the din.

After the second period, the PA announcer reminded fans that air horns were "restricted," but the blaring went on just the same.

London had the better of the play for most of the game, keeping the Cataractes to the outside on defence and generating several chances at the other end, where Cataractes goaltender Gabriel Girard had a superb game.

THE CANADIAN PRESS

Auto racing. Franchitti pulls off Indy 500 hat trick

Dario Franchitti stamped his name in the record books, as a three-time winner of the Indianapolis 500.

But this was not about Franchitti: It was all for Dan Wheldon.

Franchitti won a wheel-to-wheel, last-lap battle Sunday, sailing away to the checkered flag when Takuma Sato spun out trying to make one last pass on the inside and slammed into the wall. Franchitti's Chip Ganassi Racing teammate Scott Dixon crossed the finish line right behind the Scotsman.

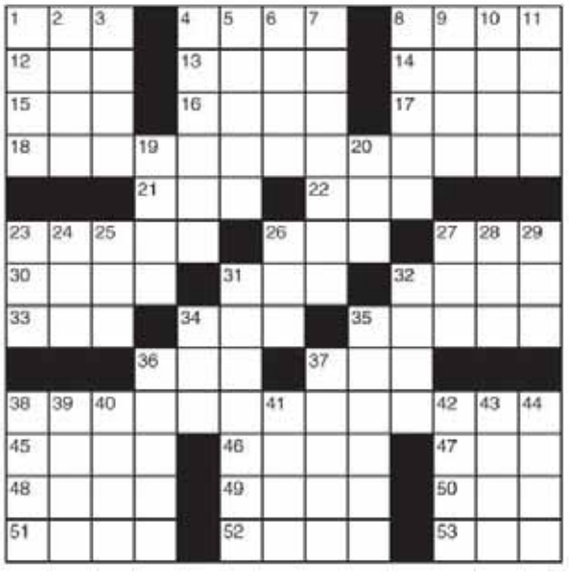
Third went to Tony Kanaan, making it a podium sweep for Wheldon's three closest friends in the IndyCar series. Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub, their fallen friend. THE ASSOCIATED PRESS

Dario Franchitti celebrates in victory circle Sunday at Indianapolis Motor Speedway. THE ASSOCIATED PRESS

Crossword

Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL
53 Nourished

Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal
40 Gilligan's Island cast member
41 Pennsylvania port
42 Opposite of 36-Across
43 Reed instrument
44 Encircle



Sudoku

3						6	4	
	4	6			5			
		7			1	9		
8				6			1	
	5	3				2	8	
	7			2				3
		4	1			3		
			7			4	5	
	9	2						6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	7	5	9	4	8	6	3	1
4	3	8	1	5	6	2	9	7
1	9	6	7	3	2	5	8	4
8	6	2	5	7	9	4	1	3
7	5	1	4	6	3	9	2	8
9	4	3	2	8	1	7	5	6
3	8	7	6	2	5	1	4	9
6	2	9	8	1	4	3	7	5
5	1	4	3	9	7	8	6	2

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY KG MCGGUI GDI OSIWISSIY YQZ GW KCI AIIR, AGJEY HK OHMR UQKZS-YQZ?

Yesterday's Cryptoquip: IF YOU'RE CHEERING FOR A MAN WHO'S PLAYING TUG OF WAR, COULD YOU SAY THAT'S PULLING FOR HIM?

Today's Cryptoquip Clue: G equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 15°/9° Partly sunny
Tuesday 16°/10° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21. Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20. The stars suggest that something special is on the way.

Cancer | June 21 - July 22. Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22. Your path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22. It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22. Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21. A problem that has been nagging away at you in recent weeks can be dealt with directly now.

Sagittarius | Nov. 22 - Dec. 21. Your challenge this week is to work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan 20. Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb 18. Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20. You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON

Caption Contest

"I hope this isn't one of those things your tongue freezes to!"
Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Win!

You write it!

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Your MEDICAL RECORDS are AT RISK
ACT NOW to protect your privacy

LOWER MAINLAND health authorities plan to contract out all medical transcription services to a private corporation.

It's a move that puts the privacy and accuracy of your patient record at risk.

It also means the loss of 130 decent, family-supporting jobs. And most of these jobs are held by women.

Why does this matter?

Health authorities already contract out some transcription work. And the **Medical Transcriptionists** that work for our health authorities spend a lot of time correcting outsourced work for errors and missing information.

Now, health authorities want to outsource 100 per cent of the work to home-based subcontractors located across the country.

That means your personal medical information could be compiled anywhere in the country by someone with an internet connection in their home.

What can you do?

Visit www.heu.org to learn more about this issue and send an email to Health Minister Michael de Jong.

>> THANK YOU FOR YOUR SUPPORT

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THESE REPORTS
become part of your medical record and are critical to your treatment plan.

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